

Chapter 8 Scriptures

Build Your EQ Skills

The Bible on *Emotional Intelligence 2.0* Strategies *Spiritual Transformation: Emotional Intelligence and Freedom*

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***Emotional Intelligence 2.0* Self-awareness strategies scriptures**

1. Quit Treating Your Feelings as Good or Bad

Genesis 1:26–28 – Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”
²⁷ So God created mankind in his own image, in the image of God he created them; male and female he created them. ²⁸ God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

Deuteronomy 1:17 – Do not show partiality in judging; hear both small and great alike. Do not be afraid of anyone, for judgment belongs to God. Bring me any case too hard for you, and I will hear it.”

Ecclesiastes 3:4 – a time to weep and a time to laugh, a time to mourn and a time to dance,

Proverbs 20:5 – The purposes of a person’s heart are deep waters, but one who has insight draws them out.

Psalms 25:16–17 – Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish.

Psalms 42:5 – Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalms 44:9–12, 15 – But now you have rejected and humbled us; you no longer go out with our armies. ¹⁰ You made us retreat before the enemy, and our adversaries have plundered us.

¹¹ You gave us up to be devoured like sheep and have scattered us among the nations. ² You sold your people for a pittance, gaining nothing from their sale. I live in disgrace all day long, and my face is covered with shame...

Psalms 6:6–7 – I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.

Psalms 55:22 – Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Psalms 34:18 – The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 139:13–16 – For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Psalms 73:25–26 – Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalms 38:3–4, 17 – Because of your wrath there is no health in my body; there is no soundness in my bones because of my sin. My guilt has overwhelmed me like a burden too heavy to bear. For I am about to fall, and my pain is ever with me.

Matthew 7:1–2 – Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

Luke 6:37 – Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

John 7:24 – Stop judging by mere appearances, but instead judge correctly.

John 14:1 – Do not let your hearts be troubled. You believe in God^[a]; believe also in me.

Romans 9:2 – I have great sorrow and unceasing anguish in my heart.

Romans 8:23 – Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.

1 Corinthians 3:16 – Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?

2 Corinthians 6:8–10 – through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; ⁹ known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; ¹⁰ sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

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2 Corinthians 10:7 – You are judging by appearances. If anyone is confident that they belong to Christ, they should consider again that we belong to Christ just as much as they do.

1 Peter 5:7, 10 – Cast all your anxiety on him because he cares for you. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Revelation 3:16 – So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.

2. Observe the Ripple Effect from Your Emotions

Job 13:23 – How many wrongs and sins have I committed? Show me my offense and my sin.

Psalms 56:8 – Record my misery; list my tears on your scroll — are they not in your record?

Proverbs 13:20 – Walk with the wise and become wise, for a companion of fools suffers harm.

Proverbs 27:17 – As iron sharpens iron, so one person sharpens another.

Lamentations 3:40 – Let us examine our ways and test them, and let us return to the LORD.

Matthew 5:13–16 – “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. ¹⁴ “You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 7:12 – So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Mark 12:31 – The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

John 11:33 – When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.

John 13:34–45 – “A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.”

John 15:12 – My command is this: Love each other as I have loved you.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

1 Corinthians 11:28, 31 – Everyone ought to examine themselves before they eat of the bread and drink from the cup. But if we were more discerning with regard to ourselves, we would not come under such judgment.

1 Corinthians 12:26 – If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

1 Corinthians 15:33 – Do not be misled: “Bad company corrupts good character.”

2 Corinthians 1:3–4 – Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Galatians 5:9 – A little yeast works through the whole batch of dough.

Galatians 6:7 – Do not be deceived: God cannot be mocked. A man reaps what he sows.

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Colossians 3:12 – Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

1 Peter 2:12 – Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

1 Peter 3:15 – But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

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1 John 3:16 – This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

3. Lean into Your Discomfort

Genesis 4:6–7 – Then the Lord said to Cain, “Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

Ruth 1:16 – But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.

1 Samuel 14:6 – Jonathan said to his young armor-bearer, “Come, let’s go over to the outpost of those uncircumcised men. Perhaps the LORD will act in our behalf. Nothing can hinder the LORD from saving, whether by many or by few.”

Isaiah 43:2 – When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Isaiah 53:3 – He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

Psalms 119:71 – It was good for me to be afflicted so that I might learn your decrees.

Ecclesiastes 9:10 – Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.

Lamentations 3:19–25, 27–33 – I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The Lord is my portion; therefore I will wait for him.” The Lord is good to those whose hope is in him, to the one who seeks him; It is good for a man to bear the yoke while he is young. Let him sit alone in silence, for the Lord has laid it on him. Let him bury his face in the dust—there may yet be hope. Let him offer his cheek to one who would strike him, and let him be filled with disgrace. For no one is cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to anyone. **John 12:27** – “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour.

Romans 5:3–5, 8:35 – Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us. ³⁵Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

2 Corinthians 1:3–4 – Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 4:8–10 – We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed. ¹⁰ We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Corinthians 4:16–17 – Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

2 Corinthians 5:10 – For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.

Galatians 6:2 – Carry each other’s burdens, and in this way you will fulfill the law of Christ.

Colossians 1:24 – Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ’s afflictions, for the sake of his body, which is the church.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 3:12 – In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted,

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Hebrews 2:10 – In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation perfect through what he suffered.

Hebrews 11:8–9 – By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. ⁹ By faith he made his home in the Promised Land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise.

Hebrews 11:17–19 – By faith Abraham, when God tested him, offered Isaac as a sacrifice. He who had embraced the promises was about to sacrifice his one and only son, ¹⁸ even though God had said to him, “It is through Isaac that your offspring will be reckoned.” ¹⁹ Abraham reasoned that God could even raise the dead, and so in a manner of speaking he did receive Isaac back from death.

Hebrews 11 Faith hall of fame

James 1:2– 4, 12 – Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. ¹² Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

1 Peter 1:6–7 – In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷ These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.

1 Peter 2:19–21 – For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God. ²⁰ But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. ²¹ To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

1 Peter 3:14 – But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”

1 Peter 4:1 – Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin.

1 Peter 4:12–13 – Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. ¹³ But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

4. Feel Your Emotions Physically

Psalms 6:7 – My eyes grow weak with sorrow; they fail because of all my foes.

Psalms 32:2–4 – Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

Proverbs 3:5–8 – Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

Proverbs 4:4 – Then he taught me, and he said to me, “Take hold of my words with all your heart; keep my commands, and you will live.

Proverbs 4:20–22 – My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body.

Proverbs 14:30 – A heart at peace gives life to the body, but envy rots the bones.

Proverbs 15:13 – A happy heart makes the face cheerful, but heartache crushes the spirit.

Proverbs 16:4 – The Lord works out everything to its proper end—even the wicked for a day of disaster.

Proverbs 17:22 – A cheerful heart is good medicine, but a crushed spirit dries up the bones.

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Proverbs 18:14 – The human spirit can endure in sickness, but a crushed spirit who can bear?

Proverbs 25:20 – Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart.

Isaiah 13:7 – Because of this, all hands will go limp, every heart will melt with fear.

Matthew 11: 28–29 – “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Mark 7:21–23 – For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, 22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and defile a person.”

Luke 21:26 – People will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken.

1 Corinthians 3:16 – Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?

Romans 9:2 – I have great sorrow and unceasing anguish in my heart.

5. Know Who and What Pushes Your Buttons

Psalms 119:59 – I have considered my ways and have turned my steps to your statutes.

Psalms 147:3 – He heals the brokenhearted and binds up their wounds.

Matthew 7:5 – You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

Matthew 26:41 – “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

Luke 1:37 – For no word from God will ever fail.

Acts 15:36–41 – Some time later Paul said to Barnabas, “Let us go back and visit the believers in all the towns where we preached the word of the Lord and see how they are doing.”³⁷ Barnabas wanted to take John, also called Mark, with them,³⁸ but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work.³⁹ They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus,⁴⁰ but Paul chose Silas and left, commended by the believers to the grace of the Lord.⁴¹ He went through Syria and Cilicia, strengthening the churches.

Romans 12:3 – For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

1 Corinthians 10:13 – No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

1 Corinthians 11:28, 31 – Everyone ought to examine themselves before they eat of the bread and drink from the cup. 31 But if we were more discerning with regard to ourselves, we would not come under such judgment.

2 Corinthians 4:17 – For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

Ephesians 6:10–11 – Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil’s schemes.

Colossians 3:15 – Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

James 4:7 – Submit yourselves, then, to God. Resist the devil, and he will flee from you.

6. Watch Yourself Like a Hawk...

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Lamentations 3:40 – Let us examine our ways and test them, and let us return to the Lord.

Romans 12:2–3 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. 3 For by the grace given me I say to every one of

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you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

1 Corinthians 11:28, 31 – Everyone ought to examine themselves before they eat of the bread and drink from the cup. 31 But if we were more discerning with regard to ourselves, we would not come under such judgment.

2 Corinthians 13:5 – Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

1 Timothy 4:16 – Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

Hebrews 12:1 – Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

1 Peter 5:8 – Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

7. Keep a Journal about Your Emotions

All Psalms

Psalms 26:2 – Test me, Lord, and try me, examine my heart and my mind;

Psalms 139:23 – Search me, God, and know my heart; test me and know my anxious thoughts.

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Proverbs 21:2 – A person may think their own ways are right, but the Lord weighs the heart.

Galatians 6:4 – Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

1 Corinthians 16:13 – Be on your guard; stand firm in the faith; be courageous; be strong.

8. Don't Be Fooled by a Bad Mood

Proverbs 20:5 – The purposes of a person's heart are deep waters, but one who has insight draws them out.

Romans 7:15–24 I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death?

2 Corinthians 4:18 – So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

James 1:1 James, a servant of God and of the Lord Jesus Christ, To the twelve tribes scattered among the nations: Greetings.

James 1:2–4 – Consider it pure joy, my brothers and sisters,[a] whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

9. Don't Be Fooled by a Good Mood, Either

Proverbs 20:5 – The purposes of a person's heart are deep waters, but one who has insight draws them out.

Ecclesiastes 7:18 – It is good to grasp the one and not let go of the other. Whoever fears God will avoid all extremes.

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10. Stop and Ask Yourself *Why You Do the Things You Do*

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Proverbs 20:5 – The purposes of a person's heart are deep waters, but one who has insight draws them out.

Proverbs 21:2 – A person may think their own ways are right, but the Lord weighs the heart.

Proverbs 26:2 – Like a fluttering sparrow or a darting swallow, an undeserved curse does not come to rest.

Ezekiel 18:27–28 – But if a wicked person turns away from the wickedness they have committed and does what is just and right, they will save their life. ²⁸ Because they consider all the offenses they have committed and turn away from them, that person will surely live; they will not die.

Haggai 1:5–7 – Now this is what the Lord Almighty says: “Give careful thought to your ways. ⁶ You have planted much, but harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it.” ⁷ This is what the Lord Almighty says: “Give careful thought to your ways.

Mark 14:72 – Immediately the rooster crowed the second time. Then Peter remembered the word Jesus had spoken to him: “Before the rooster crows twice you will disown me three times.” And he broke down and wept.

Luke 6:48 – They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.

Romans 6:12 – Therefore do not let sin reign in your mortal body so that you obey its evil desires.

Romans 8:5 – Those who live according to the flesh have their mindset on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Galatians 6:4 – Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

Hebrews 2:1 – We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.

2 Thessalonians 1:11–12 – With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

11. Visit Your Values

Psalms 1:1–6 – Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgement, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction

Palm 119:105 – Your word is a lamp for my feet, a light on my path.

Proverbs 2:2–5 – turning your ear to wisdom and applying your ear to wisdom and applying your heart to understanding—indeed, if you call out for insight and cry aloud for understanding, and if you look for Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgement, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction. it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God.

Proverbs 4:25 – Let your eyes look straight ahead; fix your gaze directly before you.

Proverbs 9:10 – The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

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Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Matthew 6:33 – But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 16:26 – What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Matthew 23:25 – “Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence.

Matthew 24:12–13 – Because of the increase of wickedness, the love of most will grow cold, ¹³ but the one who stands firm to the end will be saved.

Luke 6:48 – They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.

John 13:34–35 – “A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.”

John 17:3 – Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

1 Corinthians 7:35 – I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord.

2 Corinthians 13:5 – Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

Colossians 3:2, 23 – Set your minds on things above, not on earthly things. ²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,

Colossians 2:6–8 – So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. ⁸ See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces[a] of this world rather than on Christ.

Hebrews 12:1–2 – Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

2 Timothy 1:5–7 – I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. ⁶ For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. ⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Titus 2:11–12 – For the grace of God has appeared that offers salvation to all people. ¹² It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

1 John 3:16 – This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters

1 John 4:19 – We love because he first loved us.

12. Check Yourself

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Proverbs 18:2 – Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 20:25 – It is to dedicate something rashly and only later to consider one’s vows.

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Luke 18:9–14 – To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: ¹⁰ “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get.’ ¹³ “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Luke 15:17–24 – “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.’ ²⁰ So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. ²¹ “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ ²² “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. ²³ Bring the fattened calf and kill it. Let’s have a feast and celebrate. ²⁴ For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

Romans 12:2–3 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Galatians 6:4 – Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

1 Timothy 4:16 – Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1 Timothy 3:9 – They must keep hold of the deep truths of the faith with a clear conscience.

13. Spot Your Emotions in Books, Movies, and Music

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

1 Corinthians 11:28 – Everyone ought to examine themselves before they eat of the bread and drink from the cup.

14. Seek Feedback

Psalms 1:1–6 – Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgement, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

Proverbs 1:1–7 – The proverbs of Solomon son of David, king of Israel: for gaining wisdom and instruction; for understanding words of insight; for receiving instruction in prudent behavior, doing what is right and just and fair; for giving prudence to those who are simple, knowledge and discretion to the you—let the wise listen and add to their learning, and let the discerning get guidance—for understanding proverbs and parables, the sayings and riddles of the wise. The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 4:13 – Hold on to instruction, do not let it go; guard it well, for it is your life.

Proverbs 11:14 – For lack of guidance a nation falls, but victory is won through many advisers.

Proverbs 12:15 – The way of fools seems right to them, but the wise listen to advice.

Proverbs 13:10 – Where there is strife, there is pride, but wisdom is found in those who take advice.

Proverbs 15:22 – Plans fail for a lack of counsel, but with many advisers they succeed.

Proverbs 19:20–21 – Listen to advice and accept discipline, and at the end you will be counted among the wise. Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.

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Proverbs 20:18 – Plans are established by seeking advice; so if you wage war, obtain guidance.

Proverbs 24:6 – Surely you need guidance to wage war, and victory is won through many advisers.

Proverbs 27:6 – Wounds from a friend can be trusted, but an enemy multiplies kisses.

Proverbs 28:26 – Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Jeremiah 17:9 – The heart is deceitful above all things and beyond cure. Who can understand it?

Matthew 7:12 – So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

1 Corinthians 15:33 – Do not be misled: “Bad company corrupts good character.”

2 Thessalonians 1:11–12 – With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

2 Timothy 3:16–17 – All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 3:17 – But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

1 John 4:1 – Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.

15. Get to Know Yourself under Stress

Psalms 26:2 – Test me, Lord, and try me, examine my heart and my mind;

Psalms 94:19 – When anxiety was great within me, your consolation brought me joy.

Psalms 118:5–6 – When hard pressed, I cried to the Lord; he brought me into a spacious place. The Lord is with me; I will not be afraid. What can mere mortals do to me?

Psalms 119:143 – Trouble and distress have come upon me, but your commands give me delight.

Proverbs 14:8 – The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Matthew 11:28–30 – “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Luke 6:46–49 – “Why do you call me, ‘Lord, Lord,’ and do not do what I say? ⁴⁷ As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. ⁴⁸ They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. ⁴⁹ But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.”

Luke 21:34 – “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Romans 12:2–3 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

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2 Corinthians 4:7–9 – But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. ⁸ We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed.

Galatians 6:1, 4 – Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

***Emotional Intelligence 2.0* Self-management strategies scriptures**

Mastering Self-Management Strategies

1. Breathe Right

1 Corinthians 6:19–20 – Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

3 John 1:2 – Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

1 Timothy 4:8 – For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Galatians 5:23 – ... gentleness and self-control. Against such things there is no law.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Corinthians 14:32 – The spirits of prophets are subject to the control of prophets.

2. Create an Emotion vs. Reason List

1 Corinthians 10:13 – No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Proverbs 16:32 – Better a patient person than a warrior, one with self-control than one who takes a city.

Galatians 5: 16–24 – So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Proverbs 12:16 – Fools show their annoyance at once, but the prudent overlook an insult.

2 Peter 1: 5–9 – For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins

Ephesians 4: 1–32 – As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one

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Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all. ⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says: "When he ascended on high, he took many captives and gave gifts to his people." ⁹ (What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. ¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. ²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness. ²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4: 26–27 – "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

3. Make Your Goals Public

2 Chronicles 15:7 – But as for you, be strong and do not give up, for your work will be rewarded."

Ruth 1:16 – But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.

Proverbs 16:3 – Commit to the LORD whatever you do, and he will establish your plans.

Proverbs 27:17 – As iron sharpens iron, so one person sharpens another.

Proverbs 21:5 – The plans of the diligent lead to profit as surely as haste leads to poverty.

Ecclesiastes 4:12 – Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Philippians 3:13–14 – Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Luke 14:28 – "Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?"

2 Thessalonians 1:11-12 – With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

4. Count to Ten

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Psalm 139 – You have searched me, LORD, and you know me.

Proverbs 3:4–6 – Then you will win favor and a good name in the sight of God and man. ⁵ Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight

James 1:19 – My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

Proverbs 29:11 – Fools give full vent to their rage, but the wise bring calm in the end.

Proverbs 15:18 – A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Romans 12:21 – Do not be overcome by evil, but overcome evil with good.

Proverbs 18:7 The mouths of fools are their undoing, and their lips are a snare to their very lives.

Galatians 5:23 – ... gentleness and self-control. Against such things there is no law.

Philippians 4:7 – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

5. Sleep on It

1 Samuel 13: 8–14 – He waited seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul's men began to scatter. ⁹ So he said, "Bring me the burnt offering and the fellowship offerings." And Saul offered up the burnt offering. ¹⁰ Just as he finished making the offering, Samuel arrived, and Saul went out to greet him. ¹¹ "What have you done?" asked Samuel. Saul replied, "When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling at Mikmash, ¹² I thought, 'Now the Philistines will come down against me at Gilgal, and I have not sought the LORD's favor.' So I felt compelled to offer the burnt offering." ¹³ "You have done a foolish thing," Samuel said. "You have not kept the command the LORD your God gave you; if you had, he would have established your kingdom over Israel for all time. ¹⁴ But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the LORD's command."

Romans 12: 12 – Be joyful in hope, patient in affliction, faithful in prayer.

Ephesians 4:2 – Be completely humble and gentle; be patient, bearing with one another in love.

1 Corinthians 13:4 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

Genesis 29:20 – So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her.

Philippians 4:6 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Proverbs 29:20 – Do you see someone who speaks in haste? There is more hope for a fool than for them.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

Galatians 5:16–24 – So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

6. Talk to a Skilled Self-Manager

1 Corinthians 4:16 – Therefore I urge you to imitate me.

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3 John 1:11 – Dear friend, do not imitate what is evil but what is good. Anyone who does what is good is from God. Anyone who does what is evil has not seen God.

Ephesians 5:1 – Follow God’s example, therefore, as dearly loved children

Philippians 3:17 – Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

Hebrews 6:12 – We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

1 Thessalonians 1:6 – You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.

Matthew 16:24 – Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

1 Peter 1:16 – ...for it is written: “Be holy, because I am holy.”

John 13:15 – I have set you an example that you should do as I have done for you.

1 Corinthians 11:1 – Follow my example, as I follow the example of Christ.

Philippians 4:9 – Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

2 Thessalonians 3: 7 & 9 – For you yourselves know how you ought to follow our example. We were not idle when we were with you, ⁹We did this, not because we do not have the right to such help, but in order to offer ourselves as a model for you to imitate.

7. Smile and Laugh More

Proverbs 15:30 – Light in a messenger’s eyes brings joy to the heart, and good news gives health to the bones.

Proverbs 15: 13-15 – A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched, but the cheerful heart has a continual feast.

Proverbs 17: 22 – A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 31:25 – She is clothed with strength and dignity; she can laugh at the days to come.

Psalms 126:3 – The LORD has done great things for us, and we are filled with joy.

Romans 5: 3-4 – Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴perseverance, character; and character, hope.

Matthew 5:12 – Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

8. Set Aside Some Time in Your Day for Problem Solving

Luke 14:28-32 – “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it? ²⁹ For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, ³⁰ saying, ‘This person began to build and wasn’t able to finish.’ ³¹ “Or suppose a king is about to go to war against another king. Won’t he first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? ³² If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace.

Proverbs 16:3 & 9 – Commit to the LORD whatever you do, and he will establish your plans. In their hearts humans plan their course, but the LORD establishes their steps.

Proverbs 15:22 – Plans fail for lack of counsel, but with many advisers they succeed.

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Proverbs 19: 21 – Many are the plans in a person’s heart, but it is the LORD’s purpose that prevails.

Proverbs 21:5 – The plans of the diligent lead to profit as surely as haste leads to poverty.

Proverbs 3:5–6 – Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight

Proverbs 6:6–8 – Go to the ant, you sluggard; consider its ways and be wise! ⁷It has no commander, no overseer or ruler, ⁸yet it stores its provisions in summer and gathers its food at harvest.

Proverbs 14:15 – The simple believe anything, but the prudent give thought to their steps.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Psalms 143:8 – Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

9. Take Control of Your Self-Talk

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2 Corinthians 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Psalms 42:5 – Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Samuel 30:6 – David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

Psalms 103:1–22

Proverbs 23:7 – ...for he is the kind of person who is always thinking about the cost. “Eat and drink,” he says to you, but his heart is not with you

Colossians 3:2 – Set your minds on things above, not on earthly things.

Galatians 5:16–24 – So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

10. Visualize Yourself Succeeding

2 Corinthians 5:7 – For we live by faith, not by sight.

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Luke 14:28 – “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?”

Genesis 15: 5–6 – He took him outside and said, “Look up at the sky and count the stars—if indeed you can count them.” Then he said to him, “So shall your offspring be.” ⁶ Abram believed the LORD, and he credited it to him as righteousness.

Matthew 13:34 – Jesus spoke all these things to the crowd in parables; he did not say anything to them without using a parable.

Joshua 1:8 – Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

2 Corinthians 4:18 – So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Psalm 23 (images)

Philippians 4:7 – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

11. Clean Up Your Sleep Hygiene

Psalm 4:8 – In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

Psalm 23:1-2 – The LORD is my shepherd, I lack nothing. ²He makes me lie down in green pastures, he leads me beside quiet waters,

Psalm 46:10 – He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” **Psalm**

91:1–5 – Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. ²I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” ³Surely he will save you from the fowler’s snare and from the deadly pestilence. ⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. ⁵You will not fear the terror of night, nor the arrow that flies by day,

Psalm 127:2 – In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.

Proverbs 3:24 – When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Matthew 8:24 – Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.

Matthew 11:28–30 – “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

12. Focus Your Attention on Your Freedoms, Rather than Your Limitations

Psalm 1:1–6 – Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take ²but whose delight is in the law of the LORD, and who meditates on his law day and night.

³That person is like a tree planted by streams of water,

which yields its fruit in season ⁴Not so the wicked! ⁵Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction the assembly of the righteous. They are like chaff that the wind blows away. and whose leaf does not wither—whatever they do prospers.

Psalm 118:5 – When hard pressed, I cried to the LORD; he brought me into a spacious place. **Psalm 119:45** – I will walk about in freedom, for I have sought out your precepts.

Proverbs 2:2–5 – ...turning your ear to wisdom and applying your heart to understanding— ³indeed, if you call out for insight and cry aloud for understanding, ⁴and if you look for it as for silver and search for it as for hidden treasure, ⁵then you will understand the fear of the LORD and find the knowledge of God.

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Proverbs 4:25 – Let your eyes look straight ahead; fix your gaze directly before you.

Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Matthew 6:33 – But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 15:11 – What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them.

John 8:36 – So if the Son sets you free, you will be free indeed.

Acts 13:38–39 – “Therefore, my friends, I want you to know that through Jesus the forgiveness of sins is proclaimed to you. ³⁹ Through him everyone who believes is set free from every sin, a justification you were not able to obtain under the law of Moses.

Romans 8:5 – Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1 Corinthians 10:13 – No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

2 Corinthians 3:17 – Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Galatians 5:1 – It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Galatians 5:13–14 & 16–24 – You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” ¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Ephesians 3:12 – In him and through faith in him we may approach God with freedom and confidence.

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Colossians 3:2 – Set your minds on things above, not on earthly things.

Hebrews 12:1–2 – Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

13. Stay Synchronized

Job 27:6 – I will maintain my innocence and never let go of it; my conscience will not reproach me as long as I live.

Acts 23:1 – Paul looked straight at the Sanhedrin and said, “My brothers, I have fulfilled my duty to God in all good conscience to this day.”

Acts 24:16 – So I strive always to keep my conscience clear before God and man.

Romans 2:14–15 – (Indeed, when Gentiles, who do not have the law, do by nature things required by the law, they are a law for themselves, even though they do not have the law. ¹⁵ They show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts sometimes accusing them and at other times even defending them.)

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Romans 9:1 – I speak the truth in Christ—I am not lying, my conscience confirms it through the Holy Spirit

1 Timothy 1:19 – ... holding on to faith and a good conscience, which some have rejected and so have suffered shipwreck with regard to the faith.

2 Timothy 1:3 – I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers.

1 Peter 3:16 – ...keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.

1 John 3:21 – Dear friends, if our hearts do not condemn us, we have confidence before God

14. Speak to Someone Who is Not Emotionally Invested in Your Problem

1 Kings 12:6–7 – Then King Rehoboam consulted the elders who had served his father Solomon during his lifetime. “How would you advise me to answer these people?” he asked. ⁷ They replied, “If today you will be a servant to these people and serve them and give them a favorable answer, they will always be your servants.”

Proverbs 1:7 – The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 3:5–6 – Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight

Proverbs 11:14 – For lack of guidance a nation falls, but victory is won through many advisers.

Proverbs 12:15 – The way of fools seems right to them, but the wise listen to advice.

Proverbs 19:20 – Listen to advice and accept discipline, and at the end you will be counted among the wise.

Proverbs 24:6 – Surely you need guidance to wage war, and victory is won through many advisers.

Proverbs 28:26 – Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Ecclesiastes 4:9–13 – Two are better than one, because they have a good return for their labor: ¹⁰If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. ¹¹Also, if two lie down together, they will keep warm. But how can one keep warm alone? ¹²Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. ¹³Better a poor but wise youth than an old but foolish king who no longer knows how to heed a warning.

James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

15. Learn a Valuable Lesson from Everyone You Encounter

Proverbs 1:5 – ...let the wise listen and add to their learning, and let the discerning get guidance

Proverbs 1:7 – The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 3:11–12 – My son, do not despise the LORD’s discipline, and do not resent his rebuke, ¹²because the LORD disciplines those he loves, as a father the son he delights in.

Proverbs 9:9 – Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning.

Proverbs 10:17 – Whoever heeds discipline shows the way to life, but whoever ignores correction leads others astray.

Proverbs 12:1 – Whoever loves discipline loves knowledge, but whoever hates correction is stupid.

Proverbs 18:15 – The heart of the discerning acquires knowledge, for the ears of the wise seek it out.

Proverbs 25:4 – Remove the dross from the silver, and a silversmith can produce a vessel;

Matthew 28:18–20 – Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

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1 Corinthians 4:6–16 – Now, brothers and sisters, I have applied these things to myself and Apollos for your benefit, so that you may learn from us the meaning of the saying, “Do not go beyond what is written.” Then you will not be puffed up in being a follower of one of us over against the other. ⁷ For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not? ⁸ Already you have all you want! Already you have become rich! You have begun to reign—and that without us! How I wish that you really had begun to reign so that we also might reign with you! ⁹ For it seems to me that God has put us apostles on display at the end of the procession, like those condemned to die in the arena. We have been made a spectacle to the whole universe, to angels as well as to human beings. ¹⁰ We are fools for Christ, but you are so wise in Christ! We are weak, but you are strong! You are honored, we are dishonored! ¹¹ To this very hour we go hungry and thirsty, we are in rags, we are brutally treated, we are homeless. ¹² We work hard with our own hands. When we are cursed, we bless; when we are persecuted, we endure it; ¹³ when we are slandered, we answer kindly. We have become the scum of the earth, the garbage of the world—right up to this moment. ¹⁴ I am writing this not to shame you but to warn you as my dear children. ¹⁵ Even if you had ten thousand guardians in Christ, you do not have many fathers, for in Christ Jesus I became your father through the gospel. ¹⁶ Therefore I urge you to imitate me.

Philippians 3:17 – Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

Philippians 4:9 – Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Colossians 2:8 – See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

Colossians 3:16 – Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

1 Thessalonians 5:11 – Therefore encourage one another and build each other up, just as in fact you are doing.

2 Thessalonians 3:7–9 – For you yourselves know how you ought to follow our example. We were not idle when we were with you, ⁸ nor did we eat anyone’s food without paying for it. On the contrary, we worked night and day, laboring and toiling so that we would not be a burden to any of you. ⁹ We did this, not because we do not have the right to such help, but in order to offer ourselves as a model for you to imitate.

2 Timothy 2:2 – And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.

16. Put a Mental Recharge into Your Schedule

Genesis 2:2–3 – By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 23:12 – “Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.

Exodus 33:14 – The LORD replied, “My Presence will go with you, and I will give you rest.”

Psalms 4:8 – In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

Psalms 23

Psalms 37:7 – Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

Psalms 127:2 – In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.

Proverbs 31:17 – She sets about her work vigorously; her arms are strong for her tasks.

Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Matthew 11:28–30 – “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

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Mark 6:31–32 – Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”³² So they went away by themselves in a boat to a solitary place.

Romans 12:1 – Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

1 Corinthians 6:19–20 – Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;²⁰ you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 9:26–27 – Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Corinthians 10:31 – So whether you eat or drink or whatever you do, do it all for the glory of God.

Philippians 4:6–7 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Timothy 4:8 – For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 Peter 4:7 – The end of all things is near. Therefore be alert and of sober mind so that you may pray.

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

17. Accept That Changes is Just around the Corner

Psalms 119:50 – My comfort in my suffering is this: Your promise preserves my life.

Proverbs 6:6–8 Go to the ant, you sluggard; consider its ways and be wise!⁷It has no commander, no overseer or ruler,⁸yet it stores its provisions in summer and gathers its food at harvest.

Proverbs 16:1–33

Proverbs 22:3 – The prudent see danger and take refuge, but the simple keep going and pay the penalty.

Ezekiel 38: 7 “Get ready; be prepared, you and all the hordes gathered about you, and take command of them.

Matthew 24:13 – ...but the one who stands firm to the end will be saved.

Matthew 24:44 – So you also must be ready, because the Son of Man will come at an hour when you do not expect him.

Matthew 25:1–46

Luke 21:36 Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.”

Luke 12:47 – “The servant who knows the master’s will and does not get ready or does not do what the master wants will be beaten with many blows.

Romans 8:28 – And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

1 Corinthians 2:9 – However, as it is written: “What no eye has seen, what no ear has heard, and what no human mind has conceived”— the things God has prepared for those who love him.

1 Corinthians 9:22 –To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some.

2 Corinthians 9:8 – And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Ephesians 4: 1–32; 11–16

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1 Peter 1:13 – Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

***Emotional Intelligence 2.0* Social Awareness strategies scriptures**

1. Greet People by Name

Matthew 7:12 – So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Matthew 19:19 – honor your father and mother, and 'love your neighbor as yourself.

Matthew 22:39 – And the second is like it: 'Love your neighbor as yourself.'

Matthew 25:40 – "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Luke 1:37– For no word from God will ever fail.

Luke 6:31– Do to others as you would have them do to you.

John 15:12 – My command is this: Love each other as I have loved you.

John 13:34–35 – "A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another."

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

Galatians 5:14 – For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

Philippians 2:4 – not looking to your own interests but each of you to the interests of the others.

Hebrews 13:2 – Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

1 Peter 5:5 – In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."

2. Watch Body Language

Psalms 38:10 – My heart pounds, my strength fails me; even the light has gone from my eyes.

Proverbs 2:2 – turning your ear to wisdom and applying your heart to understanding

Proverbs 12:25 – Anxiety weighs down the heart, but a kind word cheers it up.

Proverbs 15:30 – Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.

Proverbs 16:30–32 – Whoever winks with their eye is plotting perversity; whoever purses their lips is bent on evil. ³¹Gray hair is a crown of splendor; it is attained in the way of righteousness. ³²Better a patient person than a warrior, one with self-control than one who takes a city.

Isaiah 50:4–7 – The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens my ear to listen like one being instructed. ⁵The Sovereign Lord has opened my ears; I have not been rebellious, I have not turned away. ⁶I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting. ⁷Because the Sovereign Lord helps me I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame.

Matthew 6:22–23 – "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

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Luke 11:34 – Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.

3. Make Timing Everything

Psalms 46:10 – He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Ecclesiastes 3 – Please find in your Bible

Ecclesiastes 8:5–6 – Whoever obeys his command will come to no harm, and the wise heart will know the proper time and procedure. ⁶For there is a proper time and procedure for every matter, though a person may be weighed down by misery.

Jeremiah 8:7 – Even the stork in the sky knows her appointed seasons, and the dove, the swift and the thrush observe the time of their migration. But my people do not know the requirements of the LORD.

Mark 8:17–18 – Aware of their discussion, Jesus asked them: “Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened? ¹⁸Do you have eyes but fail to see, and ears but fail to hear? And don’t you remember?”

John 7:6 – Therefore Jesus told them, “My time is not yet here; for you any time will do.

Romans 8:28 – And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Galatians 6:3 – If anyone thinks they are something when they are not, they deceive themselves.

Philippians 2:4 – not looking to your own interests but each of you to the interests of the others.

2 Timothy 4:2 – Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction.

Hebrews 13:16 – And do not forget to do good and to share with others, for with such sacrifices God is pleased.

4. Develop a Back-Pocket Question

Proverbs 17:17 – A friend loves at all times, and a brother is born for a time of adversity.

Luke 6:31 – Do to others as you would have them do to you.

John 15:12–13 – My command is this: Love each other as I have loved you. ¹³Greater love has no one than this: to lay down one’s life for one’s friends.

Romans 12:10, 16 – Be devoted to one another in love. Honor one another above yourselves. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

1 Corinthians 13:4–8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres. ⁸Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

Ephesians 4:32 – Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Hebrews 10:24 – And let us consider how we may spur one another on toward love and good deeds,

1 John 4:7, 11 – Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

5. Don't Take Notes at Meetings

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1 Samuel 16:7 – But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

2 Chronicles 16:9a – For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him.

Job 34:21 – His eyes are on the ways of mortals; he sees their every step.

Psalms 32:8 – I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

Proverbs 16:2b – motives are weighed by the LORD

Proverbs 15:3 – The eyes of the LORD are everywhere, keeping watch on the wicked and the good.

Proverbs 20:12 – Ears that hear and eyes that see— the LORD has made them both.

2 Corinthians 4:18 – So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

6. Plan Ahead for Social Gatherings

Proverbs 14:15–16 – The simple believe anything, but the prudent give thought to their steps. The wise fear the LORD and shun evil, but a fool is hotheaded and yet feels secure.

Proverbs 21:5 – The plans of the diligent lead to profit as surely as haste leads to poverty.

Acts 17:23 – For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: to an unknown god. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you.

Ephesians 5:15–17 – Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.

1 Peter 5:2 – Be shepherds of God’s flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve;

7. Clear Away the Clutter

Proverbs 18:2 – Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 18:13 – To answer before listening— that is folly and shame.

Philippians 2:3–4 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

Titus 3:2 – to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.

James 1:19 – My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

8. Live in the Moment

Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Mark 5:24–34 (Jesus' example) – Please find in your Bible

Luke 19:1–9 (Jesus' example) – Please find in your Bible

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9. Go on a 15-minute Tour

Genesis 4:6 – Then the LORD said to Cain, “Why are you angry? Why is your face downcast?”

Exodus 18:14 – When his father-in-law saw all that Moses was doing for the people, he said, “What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?”

1 Samuel 17:22–26 – David left his things with the keeper of supplies, ran to the battle lines and asked his brothers how they were. ²³ As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. ²⁴ Whenever the Israelites saw the man, they all fled from him in great fear.

²⁵ Now the Israelites had been saying, “Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel.”

²⁶ David asked the men standing near him, “What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

Proverbs 20:5 – The purposes of a person’s heart are deep waters, but one who has insight draws them out.

Luke 24:17 – He asked them, “What are you discussing together as you walk along?”

Acts 17:23 – For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: to an unknown god. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you.

10. Watch EQ at the Movies

See #9 above – Go on a 15-minute Tour

11. Practice the Art of Listening

Proverbs 18:2 – Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 18:13 – To answer before listening— that is folly and shame.

Ephesians 5:1–2 – Follow God’s example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

James 1:19 – My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

1 Peter 5:2 – Be shepherds of God’s flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve;

12. Go People Watching

See #9 above – Go on a 15-minute Tour

13. Understand the Rules of the Culture Game

Genesis 3:9, 11, 13 – But the LORD God called to the man, “Where are you?”

¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?” ¹³ Then the LORD God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.”

Matthew 12:46–50 – While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. ⁴⁷ Someone told him, “Your mother and brothers are standing outside, wanting to speak to you.” ⁴⁸ He replied to him, “Who is my mother, and who are my brothers?” ⁴⁹ Pointing to his disciples, he said, “Here are my mother and my brothers. ⁵⁰ For whoever does the will of my Father in heaven is my brother and sister and mother.”

Luke 5:17–26 – Please find in your Bible

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John 8:1–11 – Please find in your Bible

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

14. Test for Accuracy

Genesis 3:9, 11, 13 – But the LORD God called to the man, “Where are you?”

¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?” ¹³ Then the LORD God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.”

Proverbs 20:5 – The purposes of a person’s heart are deep waters, but one who has insight draws them out.

Matthew 12:46–50 – While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. ⁴⁷ Someone told him, “Your mother and brothers are standing outside, wanting to speak to you.” ⁴⁸ He replied to him, “Who is my mother, and who are my brothers?” ⁴⁹ Pointing to his disciples, he said, “Here are my mother and my brothers. ⁵⁰ For whoever does the will of my Father in heaven is my brother and sister and mother.”

Luke 5:17–26 – Please find in your Bible

John 8:1–11 – Please find in your Bible

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

I John 4:1

15. Step into Their Shoes

Psalms 103:13–14 – As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.

Psalms 139:1–3 – You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.

Matthew 7:12 – So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Matthew 9:36 – When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 14:14 – When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

Matthew 22:39 – And the second is like it: ‘Love your neighbor as yourself.

John 11:33, 35 – When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁵ Jesus wept.

Romans 12:15 – Rejoice with those who rejoice; mourn with those who mourn.

Galatians 6:2 – Carry each other’s burdens, and in this way you will fulfill the law of Christ.

Ephesians 5:1 – Follow God’s example, therefore, as dearly loved children

Philippians 2:4 – not looking to your own interests but each of you to the interests of the others.

1 John 2:6 – Whoever claims to live in him must live as Jesus did.

16. Seek the Whole Picture

Proverbs 3:5 – Trust in the LORD with all your heart and lean not on your own understanding;

Proverbs 15:22 – Plans fail for lack of counsel, but with many advisers they succeed.

Proverbs 16:25 – There is a way that appears to be right, but in the end it leads to death.

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Jeremiah 17:9 – The heart is deceitful above all things and beyond cure. Who can understand it?

Lamentations 3:40 – Let us examine our ways and test them, and let us return to the LORD.

Romans 12:3 – For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Galatians 6:3–5 – If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

Ephesians 5:1–2 – Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

17. Catch the Mood of the Room

Matthew 9:36 – When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

John 6:15 – Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

John 11:35 – Jesus wept.

Acts 17:23 – For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: to an unknown god. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you.

Emotional Intelligence 2.0 Relationship Management strategies scriptures

1. Be Open and Be Curious

Proverbs 13:20 – Walk with the wise and become wise, for a companion of fools suffers harm.

Proverbs 20:5 – The purposes of a person's heart are deep waters, but one who has insight draws them out.

Mark 12:29–31 – “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

John 13:34–35 – A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.”

2 Corinthians 6:11–13 – We have spoken freely to you, Corinthians, and opened wide our hearts to you. ¹² We are not withholding our affection from you, but you are withholding yours from us. ¹³ As a fair exchange—I speak as to my children—open wide your hearts also.

2 Corinthians 12:9–12 – But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. ¹¹ I have made a fool of myself, but you drove me to it. I ought to have been commended by you, for I am not in the least inferior to the “super-apostles,” even though I am nothing. ¹² I persevered in demonstrating among you the marks of a true apostle, including signs, wonders and miracles.

Galatians 6:2 – Carry each other's burdens, and in this way you will fulfill the law of Christ.

James 1:2–4 – Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

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James 5:16 – Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

1 John 1:7 – But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

2. Enhance Your Natural Communication Style

1 Corinthians 13:1–8 – If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. ⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Ephesians 4:2–3 – Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Colossians 3:23 – Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,

3. Avoid Giving Mixed Signals

Matthew 18:15–17 – “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

Luke 6:31 – Do to others as you would have them do to you.

John 8:32 – Then you will know the truth, and the truth will set you free.”

Ephesians 4:2–4 – Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called

Colossians 3:23 – Whatever you do, work at it with all your heart, as working for the Lord, not for human masters

4. Remember the Little Things That Pack a Punch

Luke 6:31 – Do to others as you would have them do to you.

John 3:16a – For God so loved the world that he gave his one and only Son

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

Romans 13:8 – Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

Philippians 2:3 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

Colossians 3:23 – Whatever you do, work at it with all your heart, as working for the Lord, not for human masters

5. Take Feedback Well

Proverbs 11:12 – Whoever derides their neighbor has no sense, but the one who has understanding holds their tongue.

Proverbs 13:20 – Walk with the wise and become wise, for a companion of fools suffers harm.

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Proverbs 27:6a – Wounds from a friend can be trusted

Isaiah 5:21 – Woe to those who are wise in their own eyes and clever in their own sight.

Ephesians 4:2–3 – Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace.

Philippians 2:3 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves

1 Peter 3:8 – Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

1 Peter 5:6–7 – Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.

6. Build Trust

Proverbs 16:16 – How much better to get wisdom than gold to get insight rather than silver!

Proverbs 18:24 – One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

John 15:13 – Greater love has no one than this: to lay down one’s life for one’s friends.

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

Romans 14:13 – Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.

1 Corinthians 13:1–8 – If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. ⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

Galatians 5:13 – You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Ephesians 4:2–4 – Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called;

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Philippians 4:10 – I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.

1 Peter 4:8 – Above all, love each other deeply, because love covers over a multitude of sins.

7. Have an “Open-door” Policy

Mark 12: 29–31 – “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself. ‘There is no commandment greater than these.”

1 Corinthians 13 – Please find in your Bible

8. Only Get Mad on Purpose

1 Corinthians 13:4–8 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails.

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Ephesians 4:26 – Be angry and do not sin

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Peter 4:8 – Above all, love each other deeply, because love covers over a multitude of sins.

9. Don't Avoid the Inevitable

Proverbs 17:17 – A friend loves at all times, and a brother is born for a time of adversity.

Proverb 27:6a – Wounds from a friend can be trusted

Matthew 18:15–17 – “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ ¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

10. Acknowledge the Other Person's Feelings

Luke 6:31 – Do to others as you would have them do to you.

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

1 Corinthians 13

1 Peter 3:8 – Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

11. Complement the Person's Emotions or Situation

1 Thessalonians 5:11 – Therefore encourage one another and build each other up, just as in fact you are doing.

Hebrews 3:13 – But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin's deceitfulness.

Hebrews 10:24–25 – And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 2:3 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

12. When You Care, Show It

Proverbs 11:17 – Those who are kind benefit themselves, but the cruel bring ruin on themselves.

Proverbs 11:25 – A generous person will prosper; whoever refreshes others will be refreshed.

Proverbs 18:24 – One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

Matthew 22:39 – And the second is like it: ‘Love your neighbor as yourself.’

Luke 6:38 – Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

John 3:16a – For God so loved the world that he gave his one and only Son

John 13:14 – Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.

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John 13:34–35 – A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.”

John 15:13 – Greater love has no one than this: to lay down one’s life for one’s friends.

Acts 20:35 – In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

Romans 13:8 – Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

Galatians 5:13 – You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Hebrews 10:24–25 – And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

1 Peter 3:8 – Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

1 Peter 4:8 – Above all, love each other deeply, because love covers over a multitude of sins.

13. Explain Your Decisions, Don’t Just Make Them

Genesis 2:18 – The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

Luke 6:31 – Do to others as you would have them do to you.

Romans 12:16 – Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

1 Corinthians 13 – Please find in your Bible

Philippians 2:3 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Hebrews 10:24–25 – And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

14. Make Your Feedback Direct and Constructive

Proverbs 27:6a – Wounds from a friend can be trusted

Matthew 18:15–17 – “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ ¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

Mark 12:29–31 – “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

Romans 15:14 – I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another.

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

1 Peter 4:8 – Above all, love each other deeply, because love covers over a multitude of sins.

15. Align Your Intention with Your Impact

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Mark 12:29–31 – “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one.’³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

John 13:34–35 – “A new command I give you: Love one another. As I have loved you, so you must love one another.³⁵ By this everyone will know that you are my disciples, if you love one another.”

Romans 12:10 – Be devoted to one another in love. Honor one another above yourselves.

Romans 13:8 – Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

1 Corinthians 13 – Please find in your Bible

Colossians 3:21 – Fathers, do not embitter your children, or they will become discouraged.

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Hebrews 10: 24–25 – And let us consider how we may spur one another on toward love and good deeds,²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

16. Offer a “Fix-it” Statement during a Broken Conversation

Matthew 18:15–17 – “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

Luke 6:31 – Do to others as you would have them do to you.

John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1 Corinthians 1:10 – I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

1 Corinthians 13 – Please find in your Bible

Philippians 2:3 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

1 Peter 5:6 – Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.

17. Tackle a Tough Conversation

Proverbs 27:6a – Wounds from a friend can be trusted

Matthew 18:15–17 – “If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.¹⁶ But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1 Corinthians 13 – Please find in your Bible

2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Hebrews 10:24–25 – And let us consider how we may spur one another on toward love and good deeds,²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

1 Peter 3:8 – Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

1 Peter 4:8 – Above all, love each other deeply, because love covers over a multitude of sins.

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1 Peter 5:6–7 – Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.